

## March Food Bytes 2016

Avoiding sickness from bacterial contamination is a major concern. Food service establishments work diligently to prevent bacterial contamination by preventing cross contamination hazards; practicing good personal hygiene; thawing, cooking, holding, cooling, reheating, serving and storing food; and cleaning/sanitizing utensils and equipment properly.

Examples of bacteria associated with food types are:

1. Salmonella—chicken, eggs
2. Shigella—fecal oral contaminated food such as meat salad due to lack of proper handwashing
3. Scombroid poisoning—mackerel, tuna, mahi-mahi
4. Clostridium Botulinum—temperature abused food such as baked potatoes
5. Listeriosis—unpasteurized dairy products, raw meat
6. E. Coli—hamburger or ground meat
7. Cryptosporidiosis---contaminated water
8. Giardiasis—improperly treated water
9. Ciguatoxin—snapper, grouper, barracuda
10. Cyclosporidium—contaminated water used to water produce

Proper food handling practices along with active managerial control will keep these bad bacteria from becoming a problem in your favorite restaurant and in your home.

Food Code References: 3-301.11, 3-202.11, 3-402.11, 3-302.11, 4.703.11, 3-401.11 3-501.14, 3-501.16, 5-101.11, 4-302.14, 5-403.11